

# Mamluk Academy

## EXAM FORM FOR CULBAN BROWN TIRAZ CANDIDATES

Name of the Cülban: \_\_\_\_\_

ID Number: \_\_\_\_\_

Referee Name: \_\_\_\_\_

Exam Date: \_\_\_\_\_ Coach Name: \_\_\_\_\_

| PERFORMANCE                                                                   | Rounds    | Required minimum score |  |  |  |  | Round's Points | Total Result |
|-------------------------------------------------------------------------------|-----------|------------------------|--|--|--|--|----------------|--------------|
| Exam Details                                                                  |           | 50 points              |  |  |  |  |                |              |
| 10 meters - 25 arrows<br>- 60cm Tabla Target -<br>Round time limit:90<br>sec. | 1st Round |                        |  |  |  |  |                |              |
|                                                                               | 2nd Round |                        |  |  |  |  |                |              |
|                                                                               | 3rd Round |                        |  |  |  |  |                |              |
|                                                                               | 4th Round |                        |  |  |  |  |                |              |
|                                                                               | 5th Round |                        |  |  |  |  |                |              |

| SKILLS                               | Key elements<br>(What should be done)                                                             |  | Achieved | *Not yet achieved |
|--------------------------------------|---------------------------------------------------------------------------------------------------|--|----------|-------------------|
| 1<br>How to give and receive the bow | Holding the kabza from above while giving the bow                                                 |  |          |                   |
|                                      | Holding the kabza from below while receiving the bow                                              |  |          |                   |
| 3<br>Gripping of the kabza           | The little, ring and middle fingers are tight                                                     |  |          |                   |
|                                      | The thumb and index fingers are relaxed                                                           |  |          |                   |
|                                      | The wrist is not too bent or straight                                                             |  |          |                   |
| 6<br>Stance position & Anchor level  | Abu Hashim / Taahir / Ishaq stance position (ask&select)                                          |  |          |                   |
|                                      | Abu Hashim / Taahir / Ishaq anchor level (ask&select)                                             |  |          |                   |
|                                      | Balance ( 60% on back foot - 40% on front foot) &<br>( For Taahir, balance must be at the center) |  |          |                   |

|              |                                  |                                                                                                                                        |                                |                                |
|--------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------|
| 9            | Draw hand position on the string | The little, ring and middle fingers are tight                                                                                          |                                |                                |
| 10           |                                  | The first knuckle of the thumb is on the string<br>( For those wearing a zihgir, the string should be aligned with the first knuckle.) |                                |                                |
| 11           |                                  | The index finger is on the thumb                                                                                                       |                                |                                |
| 12           |                                  | The thumb touches to the nock                                                                                                          |                                |                                |
| 13           |                                  | The index finger touches (in contact with) the arrow                                                                                   |                                |                                |
| 14           | Body Setting                     | Draw hand, wrist and elbow aligned                                                                                                     |                                |                                |
| 15           |                                  | Draw arm - elbow parallel to ground                                                                                                    |                                |                                |
| 16           |                                  | Shoulders and neck should be relaxed ( no tension )                                                                                    |                                |                                |
| 17           | Push & Pull Technique            | The shooting position before drawing the bow                                                                                           |                                |                                |
| 18           |                                  | The arrow's alignment when the bow is drawn.                                                                                           |                                |                                |
| 19           |                                  | One push, two pull at the same time                                                                                                    |                                |                                |
| 20           | Releasing                        | Anchor position should be between jawbone and ear & finger release should be on the face                                               |                                |                                |
| 21           |                                  | Only index and thumb fingers will open, others should be tight                                                                         |                                |                                |
| 22           | Safe arrow collection            | Walk carefully to target (do not run)                                                                                                  |                                |                                |
| 23           |                                  | Stand to the side of the target (not behind arrows)                                                                                    |                                |                                |
| 24           |                                  | Properly pull the arrow out of the target                                                                                              |                                |                                |
| Total Result |                                  | 20 / 24 positive evaluations are required                                                                                              | Number of Positive Evaluations | Number of Negative Evaluations |
|              |                                  |                                                                                                                                        |                                |                                |

Name and signature of the Archer:

**Overall Examination Outcome:**

Name and signature of the Referee:

**Passed**

Name and signature of the Coach:

**\*Not Passed**

# Mamluk Academy

## CULBAN KAHVERENGİ TİRAZ SINAV BELGESİ

Name of the Cülban: \_\_\_\_\_

ID Number: \_\_\_\_\_

Referee Name: \_\_\_\_\_

Exam Date: \_\_\_\_\_ Coach Name: \_\_\_\_\_

| ATIŞ SINAVI                                               | Tur    | Vurulması gereken en düşük puan |  |  |  |  | Tur Puanları | Toplam Puan |
|-----------------------------------------------------------|--------|---------------------------------|--|--|--|--|--------------|-------------|
| Sınav İçeriği                                             |        | 50 puan                         |  |  |  |  |              |             |
| 10 metre - 25 ok - 60cm Tabla Hedefi - Tur süresi: 90 sn. | 1. Tur |                                 |  |  |  |  |              |             |
|                                                           | 2. Tur |                                 |  |  |  |  |              |             |
|                                                           | 3. Tur |                                 |  |  |  |  |              |             |
|                                                           | 4. Tur |                                 |  |  |  |  |              |             |
|                                                           | 5. Tur |                                 |  |  |  |  |              |             |

| USUL SINAVI           | Uygulanması gereken usuller                                                                                             |  | Geçerli | *Geçersiz |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------|--|---------|-----------|
| 1 Yay Almak ve Vermek | Yay verilirken kabzadan tutulmalıdır.                                                                                   |  |         |           |
|                       | Yay alınırken kabzadan tutulmalıdır.                                                                                    |  |         |           |
| 3 Kabza Tutma         | Serçe, yüzük ve orta parmaklar sıkı olmalıdır.                                                                          |  |         |           |
|                       | Baş ve işaret parmakları gevşek olmalıdır.                                                                              |  |         |           |
|                       | Bilek çok düz veya çok bükülü olmamalıdır.                                                                              |  |         |           |
| 6 Duruş & Çekiş Hızı  | Ebu Haşim / Tahir / İshak duruş usulü (sor & işaretle)                                                                  |  |         |           |
|                       | Ebu Haşim / Tahir / İshak çekiş hızı (sor&işaretle)                                                                     |  |         |           |
|                       | Atıcının dengesinin %60'ı arkadaki ayağında %40 öndeki ayağında olmalıdır. Tahir mezhebi için denge merkezde olmalıdır. |  |         |           |

|       |                    |                                                                                                                   |                        |                         |
|-------|--------------------|-------------------------------------------------------------------------------------------------------------------|------------------------|-------------------------|
| 9     | Kiriş Eli          | Serçe, yüzük ve orta parmaklar sıkı olmalıdır.                                                                    |                        |                         |
| 10    |                    | Kiriş başparmak bükümünün üzerinde olmalıdır.                                                                     |                        |                         |
| 11    |                    | İşaret parmağı başparmağın üzerine kitlenmelidir.                                                                 |                        |                         |
| 12    |                    | Başparmak gez ile temas halinde olmalıdır.                                                                        |                        |                         |
| 13    |                    | İşaret parmağı oka kabzaya doğru baskı uygulamalıdır.                                                             |                        |                         |
| 14    | Çekiş Kolu         | Çekiş eli, bileği ve dirseği aynı hizada olmalıdır.                                                               |                        |                         |
| 15    |                    | Çekiş eli, bileği ve dirseği yere paralel olmalıdır.                                                              |                        |                         |
| 16    |                    | Omuzlar ve boyun gevşek olmalıdır.                                                                                |                        |                         |
| 17    | İtme & Çekme Usulü | Yay germeden önce atış pozisyonu gösterilmelidir. Ok hedef üzerinde hizalanmalı ve yay kolu dirseği bükülmelidir. |                        |                         |
| 18    |                    | Çekiş esnasında ok hizasında düz hareket etmelidir.                                                               |                        |                         |
| 19    |                    | Aynı anda bir ölçü itilmeli ve iki ölçü çekilmelidir.                                                             |                        |                         |
| 20    | Bırakiş            | Çapa noktası yüz veya kulak üzerinde gösterilmelidir.                                                             |                        |                         |
| 21    |                    | Bırakiş anında sadece kiriş eli işaret ve baş parmakları açılmalıdır.                                             |                        |                         |
| 22    | Ok Toplama         | Koşmadan dikkatle yürünmelidir.                                                                                   |                        |                         |
| 23    |                    | Ok toplanırken hedefin önünde durulmamalıdır.                                                                     |                        |                         |
| 24    |                    | Oklar hedefe yakın bölümünden tutularak toplanmalıdır.                                                            |                        |                         |
| Sonuç |                    | 24 yönergenin en az 20'sinden geçerli not alınmalıdır.                                                            | Geçerli yönerge sayısı | Geçersiz yönerge sayısı |
|       |                    |                                                                                                                   |                        |                         |

Name and signature of the Archer:

**Nihayi Sınav Sonucu:**

Name and signature of the Referee:

**Passed**

Name and signature of the Coach:

**\*Not Passed**

# Mamluk Academy

## Formulir Ujian untuk Kandidat Cülban Brown Tiraz

Name of the Cülban: \_\_\_\_\_

ID Number: \_\_\_\_\_

Referee Name: \_\_\_\_\_

Exam Date: \_\_\_\_\_ Coach Name: \_\_\_\_\_

| PERFORMA                                                              | Babak      | Nilai minimum yang diperlukan |  |  |  |  | Nilai per babak | Hasil Total |
|-----------------------------------------------------------------------|------------|-------------------------------|--|--|--|--|-----------------|-------------|
| Detail Ujian                                                          |            | 50 points                     |  |  |  |  |                 |             |
| 10 meter – 25 anak panah – target Tabla 60 cm – batas waktu: 90 detik | Babak ke-1 |                               |  |  |  |  |                 |             |
|                                                                       | Babak ke-2 |                               |  |  |  |  |                 |             |
|                                                                       | Babak ke-3 |                               |  |  |  |  |                 |             |
|                                                                       | Babak ke-4 |                               |  |  |  |  |                 |             |
|                                                                       | Babak ke-5 |                               |  |  |  |  |                 |             |

| KETERAMPILAN |                                      | Elemen utama<br>(Apa yang harus dilakukan)                                              | Tercapai | *Apa yang harus dilakukan |
|--------------|--------------------------------------|-----------------------------------------------------------------------------------------|----------|---------------------------|
| 1            | Cara memberikan dan menerima busur   | Saat menerima busur, kabza (pegangan) dipegang dari atas                                |          |                           |
| 2            |                                      | Saat memberikan busur, kabza dipegang dari bawah.                                       |          |                           |
| 3            | Cara memegang kabza (pegangan busur) | Jari kelingking, jari manis, dan jari tengah menggenggam kuat                           |          |                           |
| 4            |                                      | Ibu jari dan jari telunjuk rileks                                                       |          |                           |
| 5            |                                      | Pergelangan tangan tidak terlalu menekuk dan tidak terlalu lurus                        |          |                           |
| 6            | Posisi berdiri & level anchor        | Posisi berdiri Abu Hashim / Taahir / Ishaq (tanyakan & pilih)                           |          |                           |
| 7            |                                      | Level anchor Abu Hashim / Taahir / Ishaq (tanyakan & pilih)                             |          |                           |
| 8            |                                      | Keseimbangan (60% di kaki belakang – 40% di kaki depan) & posisi harus berada di tengah |          |                           |

|             |                                    |                                                                                              |                          |                          |
|-------------|------------------------------------|----------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 9           | Posisi tangan penarik pada tali    | Jari kelingking, manis, dan tengah menggenggam kuat                                          |                          |                          |
| 10          |                                    | Buku jari pertama ibu jari berada di tali (tali dikunci dengan buku jari pertama)            |                          |                          |
| 11          |                                    | Jari telunjuk berada di atas ibu jari                                                        |                          |                          |
| 12          |                                    | Ibu jari menyentuhnock (ekor anak panah)                                                     |                          |                          |
| 13          |                                    | Jari telunjuk menyentuh anak panah                                                           |                          |                          |
| 14          | Pengaturan tubuh                   | Tangan penarik, pergelangan, dan siku sejajar                                                |                          |                          |
| 15          |                                    | Lengan penarik – siku sejajar dengan tanah                                                   |                          |                          |
| 16          |                                    | Bahu dan leher harus rileks (tidak tegang)                                                   |                          |                          |
| 17          | Teknik dorong & tarik              | Posisi menembak sebelum menarik busur                                                        |                          |                          |
| 18          |                                    | Kesejajaran anak panah saat busur ditarik                                                    |                          |                          |
| 19          |                                    | Satu dorong, dua tarik secara bersamaan                                                      |                          |                          |
| 20          | Pelepasan                          | Posisi anchor harus di antara tulang rahang dan tulang pipi, pelepasan harus menyentuh wajah |                          |                          |
| 21          |                                    | Hanya jari telunjuk dan ibu jari yang membuka, jari lainnya tetap menggenggam                |                          |                          |
| 22          | Pengambilan anak panah dengan aman | Berjalan dengan hati-hati menuju target (jangan berlari)                                     |                          |                          |
| 23          |                                    | Berdiri di samping target (bukan di belakang anak panah)                                     |                          |                          |
| 24          |                                    | arik anak panah keluar dari target dengan benar                                              |                          |                          |
| Hasil Total |                                    | Diperlukan 20 dari 24 penilaian positif                                                      | Jumlah Penilaian Positif | Jumlah Penilaian Negatif |
|             |                                    |                                                                                              |                          |                          |

Name and signature of the Archer:

Hasil akhir ujian:

Name and signature of the Referee:

Passed

Name and signature of the Coach:

\*Not Passed

# Mamluk Academy

نموذج اختبار مرشحي طراز الجُلبان البِيّ

Name of the Cülban: \_\_\_\_\_

ID Number: \_\_\_\_\_

Referee Name: \_\_\_\_\_

Exam Date: \_\_\_\_\_ Coach Name: \_\_\_\_\_

| الأداء          | الجولات        | الحد الأدنى المطلوب | نقاط الجولة | المجموع النهائي |
|-----------------|----------------|---------------------|-------------|-----------------|
| تفاصيل الاختبار | 50 نقطة        |                     |             |                 |
|                 | الجولة الأولى  |                     |             |                 |
|                 | الجولة الثانية |                     |             |                 |
|                 | الجولة الثالثة |                     |             |                 |
|                 | الجولة الرابعة |                     |             |                 |
|                 | الجولة الخامسة |                     |             |                 |

مسافة الرماية: 10 امتار  
عدد الاسهم: 25  
هدف: طابلا قطر 60 سم  
الحد الزمني للجولة: 90 ثانية

| المهارات | العناصر الأساسية<br>(ما الذي يجب فعله)      | فعل                                                                                                                 | لم يفعل |
|----------|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------|
| 1        | طريقة تسليم                                 | تُمسك القبضة من الأعلى عند تسليم القوس.                                                                             |         |
| 2        | واستلام القوس                               | تُمسك القبضة من الأسفل عند استلام القوس .                                                                           |         |
| 3        |                                             | الشد بالخنصر والبنصر والوسطى                                                                                        |         |
| 4        | مسك القبضة                                  | الإبهام والسبابة مرتحيان                                                                                            |         |
| 5        |                                             | المعصم ليس مثنيًا كثيرًا ولا مستقيمًا تمامًا                                                                        |         |
| 6        |                                             | وضعية الوقوف (أبو هاشم / طاهر / إسحاق) (اسأل واختر)                                                                 |         |
| 7        | وضعية الوقوف ومستوى نقطة التثبيت / الارتكاز | مستوى نقطة التثبيت (أبو هاشم / طاهر / إسحاق) (اسأل واختر)                                                           |         |
| 8        |                                             | التوازن (60% على القدم الخلفية - 40% على القدم الأمامية) (بالنسبة لطاهر يجب أن يكون التوازن في نقطة وسط جسم الرامي) |         |

|                       |                         |                                                                                                          |                 |
|-----------------------|-------------------------|----------------------------------------------------------------------------------------------------------|-----------------|
|                       |                         | الخنصر والبنصر والوسطى مشدودة                                                                            | 9               |
|                       |                         | المفصل الأول للإبهام على الوتر (عند استخدام خاتم الرمي يجب أن يُحاذي الوتر مع المفصل الأول).             | 10              |
|                       |                         | قف السبابة على الإبهام                                                                                   | 11              |
|                       |                         | يلامس الإبهام فوق                                                                                        | 12              |
|                       |                         | تلامس السبابة مع السهم                                                                                   | 13              |
|                       |                         | يد السحب: المعصم والمرفق على خط واحد مستقيم                                                              | 14              |
|                       |                         | ذراع السحب: المرفق موازٍ للأرض                                                                           | 15              |
|                       |                         | الكتفان والرقبة مسترخيان (دون شدة)                                                                       | 16              |
|                       |                         | وضعية الرمي قبل سحب القوس                                                                                | 17              |
|                       |                         | محاذاة السهم للأرض عند سحب القوس                                                                         | 18              |
|                       |                         | مقدار دفعة واحدة وسحبين في نفس الوقت للقوس                                                               | 19              |
|                       |                         | يجب أن تكون نقطة التثبيت في مكان ما بين عظم الفك إلى شحمة الأنف، وأن يكون إفلات الأصابع ملاصقة على الوجه | 20              |
|                       |                         | تفتح السبابة والإبهام فقط، وتبقى بقية الأصابع مشدودة                                                     | 21              |
|                       |                         | تقدّم بحذر نحو الهدف (لا تركض)                                                                           | 22              |
|                       |                         | قف إلى جانب الهدف (وليس خلف الاسهم)                                                                      | 23              |
|                       |                         | اسحب الاسهم من الهدف بالطريقة الصحيحة                                                                    | 24              |
| عدد التقييمات السلبية | عدد التقييمات الإيجابية | المطلوب 20 / 24 للنجاح                                                                                   | المجموع النهائي |
|                       |                         |                                                                                                          |                 |

Name and signature of the Archer:

النتيجة النهائية للاختبار:

Name and signature of the Referee:

Passed

Name and signature of the Coach:

\*Not Passed